

**BEAR  
POWER**

February 2024



# Want a driving permit?



## Zoom Driver's Permit Class

Classes: Tuesday, March 19; Thursday, March 21;  
Tuesday, March 26; Thursday, March 28;  
Tuesday, April 2; Thursday, April 4;  
Tuesday, April 9; Thursday, April 11  
Tuesday, April 16; Thursday, April 18  
Tuesday, April 23; Thursday, April 25  
Tuesday, April 30; Thursday, May 2 (Last class)  
Class will be held 4:30-6:00pm



Join this **six-week** Zoom course to prepare and study to take the Drivers Permit test. Participants will receive a notebook with a condensed version of the official Missouri Department of Revenue Drivers Guide. Notebooks can be picked up at CC Links before class starts.

**Commit to the first step in becoming more independent and reaching your goals by joining this class!**

Register at- <https://forms.office.com/r/XPhta4g4xB>

Questions? Contact Ivy Aguirre at 417-988-7955 or [ivy@christiancountylinks.net](mailto:ivy@christiancountylinks.net)



# Game night!

Bear POWER students and Ambassadors had a board game night in the PSU. Lots of fun and laughter was had!



# UPCOMING EVENTS

- Interviews for the newest applicants in March!
- Basketball games - Women's Mar. 2, Men's Mar. 3
- Take PAWS event March 5th
- Open House - March 22
- Blanket making event - March 26

Open House Spring 2024



# ACADEMIC SUPPORT AND INTERNSHIP SEMINAR

## Cohort 4- **Transition to Employment:**

This month students have worked on their resumes, discovering their network, creating reference pages, and elevator speeches! Sherry Elkins from the Career Center has presented on several of these topics and can provide additional support to our students.

## Cohort 5- **Communication and Interpersonal Relationships:**

This month we have partnered with an Occupational Therapy (OT) led group that started on February 23rd. The beginning of the semester emphasized self-reflection and discovering individual relationship strategies. Students were introduced to attachment theory and the four types of communication styles: passive, aggressive, assertive, and passive-aggressive. Lyndsi Boysen, a graduate assistant at Bear POWER and a Speech Language Pathologist student, taught verbal and nonverbal communication skills. Students learned various intrapersonal skills such as self-awareness and self-regulation. Around week six, the class shifted focus from individual to group dynamics. Students learned about group thinking and interpersonal skills such as social awareness, empathy, and social skills. As part of the OT group, students created a relationship poster using magazines and other art materials to describe their current relationship. During the Internship Seminar on Mondays, students accomplished several activities such as creating professional email signatures, sending professional emails, creating a reference sheet, researching places to job shadow, and creating resumes. Cohort 5 had another guest speaker, Sherry Elkins, a career resource specialist, who instructed students how to create a resume. Throughout the weeks, students participated in discussions, assignments, and activities that aimed to develop interpersonal, communication, and professional skills to prepare for their internships or future careers.

## SUPPORT BEAR POWER

We couldn't help support students and give them opportunities to engage on campus without donor's financial support. If you can help support our program, please scan the QR code or go to <https://securelb.imodules.com/s/1691/foundation/interior.aspx?sid=1691&gid=2&pgid=1053&cid=1991> to make a donation!



## Internships

All students this semester will have internships! They are in the following areas/businesses:

Child Development Center, library, bookstore, The Standard (MSU newspaper), Art Inspired Academy, Wonders of Wildlife, Bass Pro Shops, Office of Video Marketing, Christian Campus House, Residence Life, and the History Museum!